

near-retirement worker's 401(k) more than \$37,000.

A Republican debt default would put at risk the retirement plans of 4,473,000 Texans.

SENIORS MAY NOT GET THEIR MONTHLY SOCIAL SECURITY CHECKS

Fifty-eight million Americans, including seniors, widows, disabled workers and children, rely on Social Security to make ends meet every month.

If Republicans force default, more than 10 million Americans will not get their Social Security on October 23. On November 1, Social Security is scheduled to pay another 26 million Americans.

A Republican debt default would hurt 3,657,907 residents in Texas who rely on their earned Social Security benefits.

DISABLED VETERANS MAY NOT RECEIVE THEIR PENSIONS

Nearly 4 million disabled veterans receive monthly payments in recognition of their service and their sacrifice.

If Republicans force default, they will not receive their benefits on November 1:

299,877 Texas veterans receive disability compensation.

24,984 very poor and disabled veterans in Texas receive a pension to live on.

STUDENT LOANS WILL COST SIGNIFICANTLY MORE

Even a brief default might increase the cost of college.

For a freshman who starts school in 2014 and takes out the maximum annual student loan, their student loan costs are estimated to jump by about \$1,000, increasing loan payments by m percent. [The Institute for College Advancement and Success (TICAS)]

A longer default could increase payments by \$2,000 for the 531,327 Texas students who rely on loans to go to college.

DOCTORS AND HOSPITALS MAY NOT GET PAID FOR TAKING CARE OF AMERICANS WITH MEDICARE

More than a million doctors and hospitals that take care of Medicare beneficiaries have submitted bills for services they already provided. If Republicans force a default and Treasury is unable to pay them, they may not be able to continue caring for the 3,187,332 disabled workers and seniors in Texas.

Higher interest rates for mortgages, auto loans, student loans, and credit cards. Higher interest rates and less access to business loans needed to finance payrolls, build inventories, or invest in equipment & construction.

Families' retirement savings in 401(k)s dropping as the stock market plummets.

3.4 million veterans not receiving disability benefits.

10 million Americans not receiving their Social Security check on time in just the first week.

Drug reimbursements under Medicare stopping, and doctors and hospitals not getting paid.

Mr. Speaker, let's get to work together on behalf of the American people and pass a clean CR an raise the debt limit—now! The people expect nothing less, and time is of-the-essence.

HONORING DR. NEHEMIAH DAVIS

HON. MARC A. VEASEY

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Friday, February 21, 2014

Mr. VEASEY. Mr. Speaker, I rise to honor Dr. Nehemiah Davis on his fiftieth anniversary

as pastor of the historic Mount Pisgah Missionary Baptist Church. The church is in my hometown of Fort Worth, Texas and I am proud to represent this community in Congress. While this year marks Dr. Davis' fiftieth year as pastor of Mount Pisgah Missionary Baptist Church, I would also like to congratulate him for his installation as President of the National Missionary Baptist Convention of America.

Pastor Davis is a native Texan, born in Centerville, and received his Bachelors of Arts degree from Mary Allen College in Crockett, Texas. He also received three degrees from the Southwestern Baptist Theological Seminary in Fort Worth, Texas including a Bachelor of Divinity, a Master of Divinity, and a Master of Religious Education. He is the recipient of an honorary Doctor of Divinity degree from Guadalupe Baptist Theological Seminary.

As a regional and civic leader, Dr. Nehemiah Davis served for as a Trustee on the Board of the Fort Worth Independent School District, held various local and national leadership positions within the National Association for the Advancement of Colored People (NAACP) including serving as President of the Fort Worth chapter for over 25 years, and has held a wide array of positions within the Pastor's Conference and the Minister's Conference of the National Missionary Baptist Convention of America. He currently serves as Dean of the Congress of the North Texas District Association and a teacher in the Baptist Ministers' Union of Fort Worth/ Tarrant County and Vicinity.

Pastor Davis' dedication to the church and to his community is exceeded only by his devotion to his wife Mrs. Dorothy Nell Cole and his two daughters, Carol Michelle Davis Jackson and Nina Caron Davis, who have given Dr. Davis two grandsons.

Mr. Speaker, Pastor Davis has lived a life of service to people of faith and his community. I ask my distinguished colleagues of the 113th Congress to join me in honoring Pastor Davis on his fiftieth Anniversary as Pastor of Mount Pisgah Missionary Baptist Church as well as an exemplary life of service.

DR. DAVID WELCH

HON. KATHY CASTOR

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Friday, February 21, 2014

Ms. CASTOR of Florida. Mr. Speaker, I rise today to celebrate Black History Month and to honor the life of an extraordinary leader of the Tampa Bay community, Dr. David Welch. His remarkable career in public service and his many contributions to our community stand as a testament to his tremendous character.

Dr. Welch was born in St. Petersburg, Florida. As a young man, Dr. Welch served his country in the U.S. Army Airborne during the Korean War. After the war, Dr. Welch graduated from Florida A&M University and later obtained a doctorate in education from Nova University. Teaching was a lifelong passion for Mr. Welch, who inspired countless young minds during his time as a teacher at Gibbs Junior College and later on at St. Petersburg Vocational-Technical Institute.

Once Dr. Welch began his career, he quickly emerged as a business and community

leader. He founded Welch Tax Services and Accounting which assisted numerous local entrepreneurs and helped foster a thriving business environment in downtown St. Petersburg. As Director of Fiscal Affairs at St. Petersburg Vocation-Technical Institute, he used his adept diplomatic skills to resolve the 116-day sanitation workers' strike of 1968. He would continue to employ his ability to bring people together as the co-chair of the biracial Community Alliance, an organization dedicated to relieving racial tensions in the area.

In 1981, Dr. Welch became the second African American to serve on the St. Petersburg City Council. As a three-term council member, Dr. Welch championed development projects, and was one of the driving forces behind what are today some of St. Petersburg's most prominent landmarks. His efforts were instrumental in the development of Tropicana Field, the Pier, and the Bayfront Center. Dr. Welch was also a strong supporter of municipal interest-free loans for housing which led to major renovations in St. Petersburg. His outgoing nature and diplomatic manner earned him respect and results throughout his tenure as a council member.

While working diligently as a public servant, Dr. Welch continued to remain active in education and supporting local businesses through his office. Dr. Welch was always eager to mentor aspiring leaders and took an active interest in the youth of the community.

On September 16, 2013, Dr. Welch passed away at the age of 85. His legacy of service and leadership are an inspiration for all people throughout this great nation. His commitment to education, economic development, and equality will be forever remembered and appreciated. Mr. Speaker, I join the Tampa Bay community in thanking Dr. David Welch for his lifelong service to the State of Florida.

IN TRIBUTE TO MR. ROBERT WARNER

HON. JOE COURTNEY

OF CONNECTICUT

IN THE HOUSE OF REPRESENTATIVES

Friday, February 21, 2014

Mr. COURTNEY. Mr. Speaker, I rise today to recognize Mr. Robert Warner for his service to the people of Connecticut and our nation. A long term resident of Vernon, Connecticut, Robert has dedicated his life to making a difference in his community, both at the local level and in service to our country.

Having known Robert personally for many years as a fellow Vernon resident, one of his greatest attributes is the generosity with which he gives his time. As a 14-year volunteer for the Meals on Wheels service, a respected coach for girls softball, the founder of the Vernon Toastmasters Club and a deacon and active member of the Vernon First Congregational Church, Robert has always been there for those in need.

Bob also wore the uniform of our nation as a Marine during World War II. Bob saw some of the conflict's heaviest combat in the Battle of Iwo Jima and the Battle of Guam. As so many others from "The Greatest Generation," Bob has been modest about his military service—focusing instead on his fellow Marines who did not return. His quiet, strong patriotism is the ultimate manifestation of the Marine Corps motto—Semper Fidelis.

Another great attribute of Robert is the long standing commitment he holds to improving his local community. As a Republican Town Committee member, Robert has advocated for improvements to the town of Rockville and Vernon schools. His strong work ethic and willingness to work together is testament to the bipartisan respect Robert won during his time on the Town Council.

Passing his passion for people and civic duty onto the next generation, Robert's son, the Hon. MARK WARNER, who is a graduate of Rockville High School Connecticut, is today the current U.S. Senator for Virginia and was the State's 69th Governor. MARK's outstanding record as governor followed his dad's pragmatic, results-oriented approach.

Lastly Mr. Speaker, Bob Warner is devoted to his family in a way that is an example to us all. He was married to his late wife Margery for decades, and cared for her with help from his son Mark and daughter Lisa for many years. I had the privilege to get a glimpse of Bob's devotion and strength during this difficult time, and he never wavered in his care for his beloved Margery.

Congratulations to the Vernon Republican Town Committee for taking the time to honor Bob and put the spot light of a great American.

Robert Warner is a credit to his community and his country, and I ask my colleagues to join me in recognizing the lifetime dedication of Mr. Warner.

RECOGNIZING PORT SAINT LUCIE, FL AS ONE OF THE BEST PLACES TO RETIRE

HON. PATRICK MURPHY

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Friday, February 21, 2014

Mr. MURPHY of Florida. Mr. Speaker, I rise today to acknowledge the City of Port Saint Lucie, Florida for earning the rank as one of the 25 best places to retire in the United States.

For the third time since October, Forbes.com has listed Port Saint Lucie as one of the top places to live or do business, and I am delighted to recognize the recent Forbes.com list that names Port Saint Lucie as one of the 25 best places to retire in 2014.

Forbes cites excellent climate and air quality, lower cost of living, median home price, and low crime rate as their key criteria for the ranking. Just months ago, Forbes selected Port Saint Lucie as one of the best places in the country for business and careers based on education data, job growth, and the lower cost of doing business.

In addition to Forbes, last September, Movoto.com, a national online real estate broker, claimed Port Saint Lucie as number one on their list of the 10 best places to live in Florida based again on the city's low crime rate, cost of living, and housing among other factors.

Port Saint Lucie commands national attention for its incentives for families, entrepreneurs, and international business leaders alike and a perfect balance of warm yet temperate year-round weather. As a major city on the Sunshine State's Treasure Coast in Florida's Eighteenth Congressional district, I am

honored to represent Port Saint Lucie in the United States House of Representatives.

MEDICAL CERTIFICATION REQUIREMENTS FOR AIRMEN AND AIR TRAFFIC CONTROLLERS RELATING TO SLEEP DISORDERS

SPEECH OF

HON. SHEILA JACKSON LEE

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Tuesday, February 11, 2014

Ms. JACKSON LEE. Mr. Speaker, I rise in support of H.R. 3578, a bill to ensure new and revised requirements for screening testing or treatment of airman or air traffic controller sleep disorders.

As the former chair of the House Homeland Security Committee Subcommittee on Transportation Security I am in strong support of this bill. This bill is a commonsense measure to address sleep disorder conditions that airman and air traffic controllers may be experiencing.

Under the bill the Secretary of Transportation can follow consistent acceptable medical standards and practices, to implement or enforce actions that provide for the screening, testing, or treatment; including consideration of all possible treatment alternatives for sleep disorders.

Sleep disorders is a serious matter that requires Congressional action to save lives and improve medical knowledge and best practices to assist those who suffer from a wide range of conditions.

There are 40 million people, or about 5 percent of the population, in the United States who suffer from chronic sleep disorders. It is estimated that sleep disorders cost U.S. employers about \$18 billion in productivity due to sleep loss issues.

Further it is estimated that about 62 percent of all adults in the United States experience sleep problems a few nights each week.

During any year, about 30 percent of all adults suffer from insomnia. In addition, only 29 percent of adults report getting the required amount of sleep each night.

At least 37.9 percent of adults report unintentionally falling to sleep during the day once in the past month. The annual number of fatal car crashes associated with falling asleep at the wheel is 1,550. The number of non-fatal crashes associated with falling asleep is 40,000.

Sleep disorders can occur due to medical conditions such as excessive drowsiness, fibromyalgia or narcolepsy and low thyroid function.

Drowsiness in the context of sleep disorders is more serious than when the average person feels drowsy or sleepy during the day. We can usually deal with that feeling by walking around, consuming a hot beverage or distracting themselves with other mentally stimulating activity.

The excessive drowsiness experienced as a sleep disorder is a feeling of abnormally needing to sleepy during the day. People experiencing excessive drowsiness may fall asleep in inappropriate situations or at inappropriate times.

Fibromyalgia is a common syndrome that can lead to sleep disorders. Fibromyalgia is a

syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues. Fibromyalgia has also been linked to fatigue, sleep problems, headaches, depression, and anxiety.

Narcolepsy is more widely known as a nervous system disorder that can cause a sufferer to fall into an uncontrolled sleep nearly instantaneously. The exact cause of narcolepsy is unknown.

In some patients, narcolepsy is linked to reduced amounts of a protein called hypocretin, which is made in the brain. The reason why narcolepsy can lead to less production of this protein is unknown.

Researchers believe that low levels of a protein called hypocretin may be an underlying cause of narcolepsy—a disorder that makes people fall asleep during the day. Pharmaceutical companies are now looking for drugs that will replenish the lost hypocretin.

Emmanuel Mignot, of Stanford University Medical School, California, and his colleagues identified that low levels of hypocretin in patients with narcolepsy, their study appear in the September issue of Nature Medicine.

There is no cure for narcolepsy and symptoms include an uncontrollable desire to sleep during in the day, sudden loss of muscle tone, and paralysis. Narcolepsy is diagnosable as early as aged 15 to 25, and those affected by the disorder must find ways to cope with illness by changing their work and eating habits to achieve a level of normal behavior.

There is far too little research that answers the hard questions about sleep disorders which impact airman and air traffic controllers as well as millions of people in the United States.

I ask my colleagues to join me in support of H.R. 3578.

DR. CAROLYN COLLINS

HON. KATHY CASTOR

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Friday, February 21, 2014

Ms. CASTOR of Florida. Mr. Speaker, I rise today to celebrate Black History Month and to recognize a remarkable leader of the Tampa Bay community, Dr. Carolyn Collins. Her work as a public healthcare advocate, champion of education, and a broadcaster stand as a powerful testament to a lifetime of public service.

After graduating from Howard W. Blake High School in the Tampa Bay area in 1965, Dr. Collins earned a degree in Foods, Nutrition, and Institutional Management from Florida A&M University in 1973. She also earned a Masters of Public Administration degree in Health Services Management and Administration from Golden Gate University in San Francisco, California. Having attained these considerable academic qualifications, Dr. Collins launched a long and successful career.

Dr. Collins has been extremely active in advocacy efforts on behalf of the African American community in the Tampa Bay area. Her involvement in the Hillsborough County chapter of the NAACP stretches back to 1973. She currently serves as the Chapter President. As a Registered and Licensed Clinical Nutrition Specialist, Dr. Collins was a strong advocate for improving public health in the Tampa community. She served as a Clinical Nutrition Specialist for over 34 years at Tampa General